

Workshop Agenda

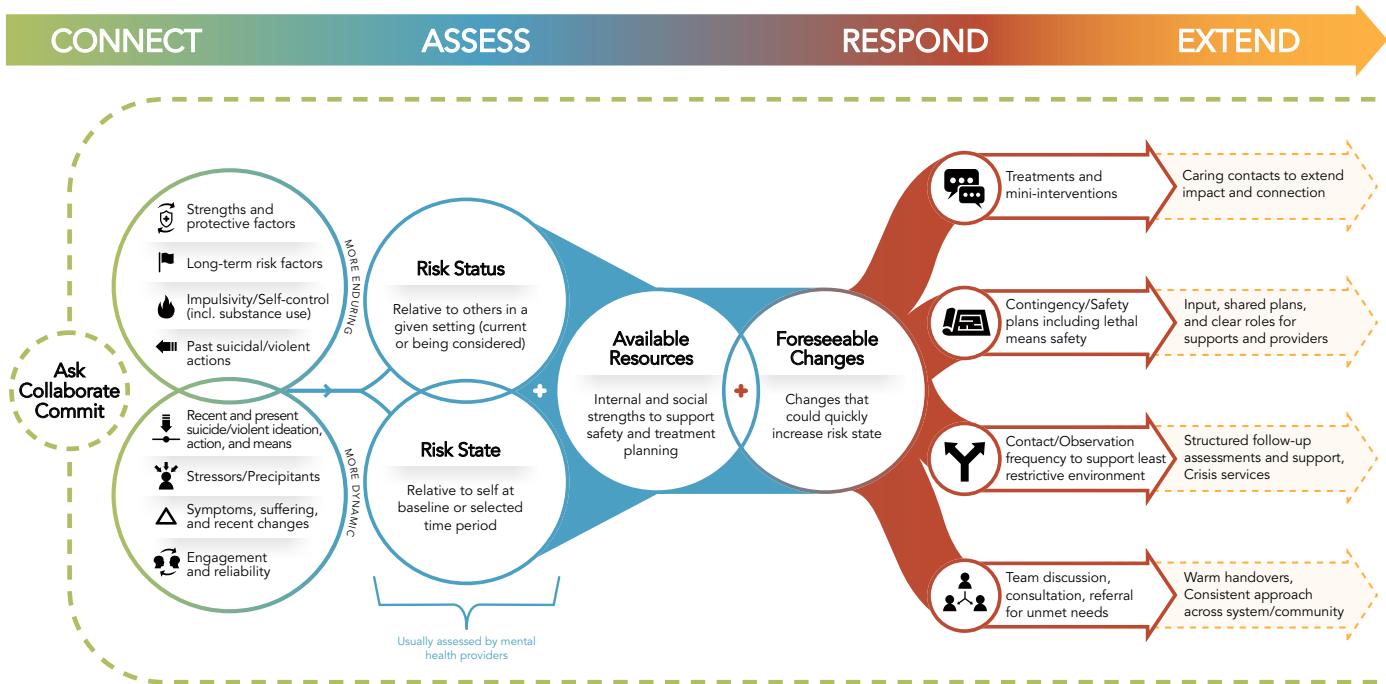
OVERVIEW

Every problem becomes more manageable when you have a framework for understanding it.

During your workshop, you and your team will develop a common approach and language to suicide prevention through a map of best practices to guide care delivery and communication with colleagues, consumers, and their supports.

You will work through specially designed video modules taught by **clinical and lived experience faculty** to explore strategies and approaches for working with **youth experiencing suicidal distress**. These videos teach, demonstrate, and prompt group interaction around applying suicide prevention best practices day to day with those at risk and their supports. Centered on prevention-oriented risk formulation ([Pisani, Murrie, & Silverman, 2016](#)), the SafeSide Framework for Suicide Prevention is comprised of four core tasks: Connect, Assess, Respond, Extend.

SafeSide Framework for Suicide Prevention



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LEARNING OUTCOMES

You will leave with a common approach and language to rely on when working with youth experiencing suicidal distress.

Extend: Four strategies to extend the impact of Connect, Assess, and Respond into the lives and support networks of those at risk

Connect: Ask directly about suicide and the youth's suffering and experience - then collaborate and commit to helping them feel better

SafeSide Framework: Connect, Assess, Respond, Extend

Respond: Effective interventions, safety plans, the right level of contact, and a team approach make a solid response to suicide risk

Assess: Use prevention-oriented risk formulation to summarize information about risk

YOUR WELL-BEING

We hope you will find your workshop experience empowering. At the same time, suicide is a sensitive topic and our demonstrations present real challenges people face. Your participant workbook contains a summary of the content so you can judge if something might feel uncomfortable to you. If you experience any difficult emotions, please reach out to your host, a colleague, supervisor, or friend. If you notice a colleague in need of support or are aware of personal experiences that may make this workshop difficult for them, please reach out to them.

CLINICAL & LIVED EXPERIENCE FACULTY

Melanie Clark

Melanie Clark is a long-time advocate for the well-being of others and has been an active advocate for families as a Family Carer Representative in NSW, Australia. Mel's passion for suicide prevention is grounded in her lived experience of caring for her brother and acting as his advocate in interactions with health services.

Tony Pisani, PhD

Anthony R. Pisani, Ph.D. is a Professor of Psychiatry and Pediatrics at the University of Rochester Center for the Study and Prevention of Suicide and Chief Scientific Advisor to SafeSide. Dr. Pisani is an internationally recognized leader in suicide prevention education and workforce development.

Kristina Zurich

Kristina Zurich is a lived experience faculty with SafeSide Prevention. After nearly losing her life to suicide, she focused on her recovery and then dedicated herself to improving mental health care for others. She and other lived experience voices are integral to shaping SafeSide's programs.

WORKSHOP AGENDA

Your workshop will be hosted by a colleague who advances the videos and keeps the group on track. The host will add breaks to the agenda as needed.

INTRODUCTION

Complete the pre-evaluation and learn what to expect during your video-guided workshop (HINT - be prepared to interact with colleagues and consider how to best apply these skills in your setting with those you serve).

CONNECT

Clinical and lived experience teaching around overcoming challenges to connection and skills demonstration videos followed by opportunities to discuss and practice how to apply skills in local context.

ASSESS

Learn how each team member can contribute to risk assessment as you organize data around eight categories. Then, develop a prevention-oriented risk formulation that leads naturally to planning.

RESPOND

Four skills to equip you and your team in responding to suicide risk, including considerations for determining appropriate supports and strategies for efficient, effective documentation. Discussion exercises for mini-interventions and contingency planning help solidify how you and your team can best use these skills in your setting.

EXTEND

Extend your care beyond the initial contact to support wellness and recovery, including strategies to engage family and supports in the journey. Then, complete your post-training evaluation and access your Completion Certificate and more resources in your SafeSide Account.

AFTER YOUR WORKSHOP: STAY CONNECTED WITH THE SAFESIDE COMMUNITY

Log in to your SafeSide Account at safesideprevention.com/login anytime to:

- Review modules from the workshop and watch brief, self-paced, on-demand **refresher videos**
- Interact in our **Community of Practice** where you can share experiences, ask questions, and download practical tools and resources
- Register for monthly **Office Hours** where you can chat and connect with SafeSide faculty as well as others doing this work around the world
- Download tools, resources, and **worksheets** to support you as you integrate SafeSide into your work